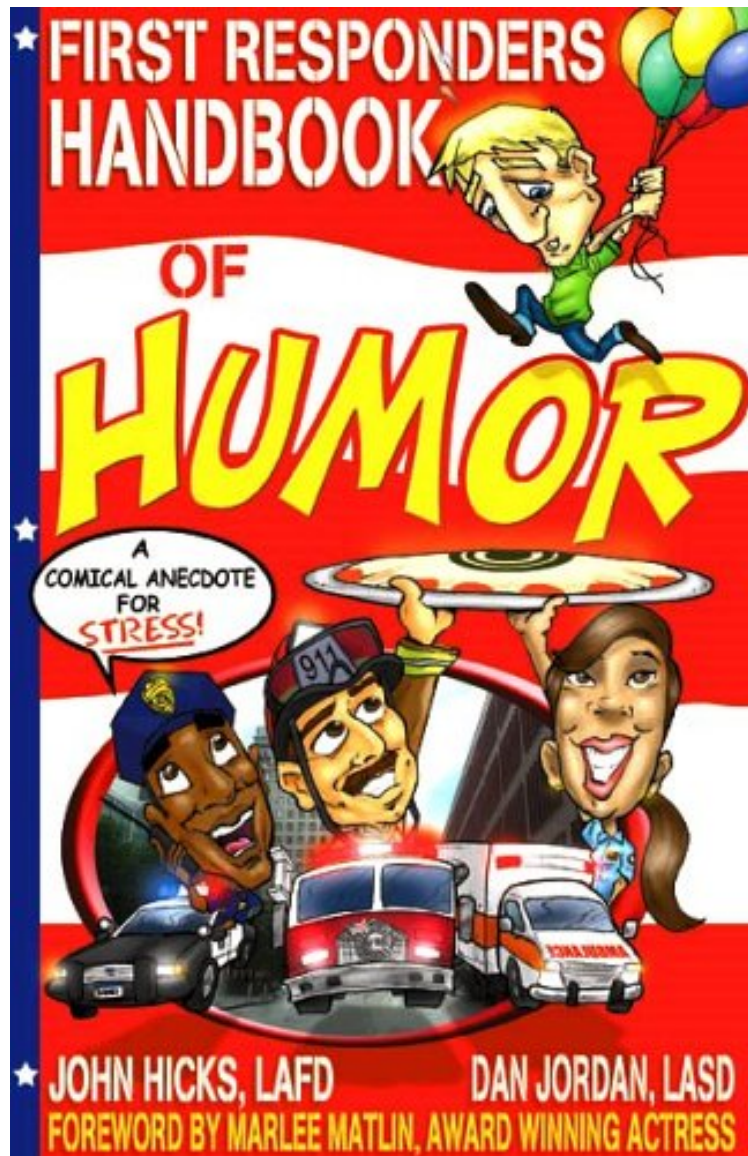


(Pdf free) First Responders Handbook of Humor

First Responders Handbook of Humor

John B. Hicks, Dan Jordan

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John B. Hicks, Dan Jordan : First Responders Handbook of Humor before purchasing it in order to gage whether or not it would be worth my time, and all praised First Responders Handbook of Humor:

0 of 0 people found the following review helpful. Firefighter/First Responders NEED this book!By LynPeople think firefighters just put out fires.. Not true! I stumbled on this book and thought what a perfect stocking stuffer for my 2! I read some of one and I know this book will help with the stress involved in their jobs! I'm so glad someone wrote

about the lighter side of a very mentally draining and difficult job! Thanks to the Author's! 0 of 0 people found the following review helpful. Five Stars By tom jochum Entertaining

Law enforcement, firefighters and emergency medical technicians are America's first responders. Being the best trained, and provided with the latest in high tech equipment, they are the elite in their professions; recognized around the world as leaders in their fields. However, being the best does come at a high cost. Along with the shining reputations comes the dark side of the job; the long hours away from home, the hectic training schedules, and let's not forget the day to day operations of dealing with the emergencies that most people are running away from while they are running in. And while most won't admit it, there is one danger though that even they are not prepared to deal with—Stress. However, don't fear, for help is just a turn of the page away. And, it comes in the shape of a book written to address this particular problem! The "First Responders Handbook of Humor" goes above and beyond the call of duty providing the foundation for stress relief. Not only was this book written by fellow first responders, it was also written in an easy to read and understand format, providing a valuable learning tool to deal with stress, less any psychobabble or legalese. In this book, you will be provided with the necessary information to help balance out the stress in your life. Plus, you also will get the extra added bonus of enjoying the humorous stories and other fun things provided by first responders across the country.

"Thumbs up to John Hicks and Dan Jordan. This will be a recommended resource in our stress management curriculum. --Robert T. Scott, Ph.D., CTS Department Psychologist "A funny yet accurate and insightful look at the real-life world of first responders" Bobby Sherman, Actor, Recording Artist --Bobby Sherman, Actor, Recording Artist, EMT-D "I truly enjoyed this entertaining handbook. Anybody will benefit from its humorous approach to stress management. Gitte S. Bloom, MD --Gitte S. Bloom, MD About the Author The author of three other books, John is currently working on finishing his fifth and beyond. With more than twenty years with the Los Angeles City Fire Department, John resides in a small suburb of Los Angeles with his wife and children, where he is hard at work gathering ideas for his next adventure in writing. In the effort to expand the minds of young readers, John also lectures at schools of all grades, spreading the importance of reading and writing. Excerpt. © Reprinted by permission. All rights reserved. INTRODUCTION Q: Who must do the difficult things? A: Those who can. - Japanese Riddle Police officers, firefighters and emergency medical technicians—America's first responders—are, and always will be in a tough and stressful occupation. In addition to the ever-increasing dangers of today's world, along with the related stress from post 9/11 terrorism, there now appears to be even more severe sources of stress for our first responders than ever before. With the increased attention and criticism from the media, public anxiety and loss of morale because of layoffs, reduced benefits and no pay raises due to government and departmental budget crisis, these everyday challenges are quickly building on the shoulders of today's heroes. Even positive change for first responder's departments, such as new and increased anti-terrorism training, has increased the stress for personnel by adding to already rigorous assignments. It is also becoming increasingly clear that the business of first responding exacts a severe toll on the responder's own family, bringing with it serious consequences. Stress among first responder personnel and their families can add to an already stressful home environment, impairing one's ability to perform his or her job in a safe and effective manner. In response to this, we have created this book to address these very issues. This book is based in part on a workshop developed by Dan Jordan called, "The Magic to Balancing Stress." Dan has taken to speaking nationally, presenting strategies to first responders to help balance job stress and the impact it has on their families. In addition to the basic stress reduction tips and ideas presented, he also introduces a formula to balancing stress called the "Triad of Balance." This formula, consisting of creativity, humor, and playfulness, can effectively balance one's stress in life and work. Sure, an emergency operation is no laughing matter, but, when the "Triad" is properly applied, these tools can, and already have, successfully helped first responders deal positively with the stress from unusual occurrences at work, job related problems, and other similar situations. Whereas, it is advisable and sometimes very easy for civilians and their families to avoid some types of stress, it isn't always as simple for first responders. The "Triad of Balance," however, can be an effective survival tool in dealing with the unforeseen stress that can't be avoided. This book was developed with a desire to help other first responders rediscover the happy side to their jobs and life! Thank you to all who have contributed stories to this book and, in the process, started on the journey to a balanced life. We trust you will enjoy the incredible, true and humorous stories from the men and women that we call first responders, working daily to protect the public on our nation's front lines! BUL – YAW! (Balance Ur Life – You'll Always Win!")